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# Tomato recipes





# Tomato Recipes

## Tomato Sandwiches

### Ingredients

1 tomato, finely chopped  
1 capsicum, finely chopped  
1/4 cup grated cheese  
salt as per taste  
pepper powder as per taste  
2 tsp green chutney or 1 green chillies, chopped finely  
6 slices of brown bread  
butter

### Method

Mix all the ingredients except bread and butter

Make 3 parts of the mixture

Apply butter to the bread

Put the 3 portions of mixture on the three slices of bread

Place the other slices of top of these

Grill in a pre-heated oven (sandwich toaster may also be used).

Remove when golden brown

Serve hot with ketchup or green chutney



# Tomato Recipes

## Grilled Tomato Pickups

### Ingredients

- 3 tomatoes
- 2 capsicums
- 2 onions
- 200 gms. paneer
- 1 green chilli, finely chopped
- 1 garlic crushed
- 1 tsp. olive oil
- 1 tsp. assorted dried herbs, crushed (basil, thyme, rosemary, mint, etc)
- 1 tsp. lemon juice
- 1 tsp. sugar ground
- 1/2 tsp. soya sauce
- salt to taste
- 1/2 cup grated cheese

### Method

Slit each tomato carefully, making a vertical incision. Scoop out inside seeds and pulp, mash it well, keep aside. Keep aside shell carefully.

Put olive oil, lemon juice, soya sauce, sugar, salt in a bottle with fitting lid.

Add herbs, garlic, chilli, tomato seeds and pulp, 2 tbsp water, close lid, shake well.

Keep marinade aside till required. Chop capsicum, tomato shell, onions and paneer into similar sized chunks.

Put each in a separate bowl, add one fourth of prepared marinade.

Gently coat pieces with marinade by tossing or with hand. Allow to marinate for about 30 minutes.

Grill each of the marinated ingredients for 2-3 minutes under a hot grill. Toss together in a large bowl, sprinkle grated cheese.

Grill again for 2-3 minutes till cheese melts. Serve as hot pickups.





# Tomato Recipes

## Minty Tomato Juice

### Ingredients

4 juicy ripe tomatoes  
1 tbsp mint leaves  
1/4 tsp oregano powder  
1 tsp salt  
3/4 tsp pepper powder  
1 tbsp sugar  
4-5 cubes of ice  
3-4 mint leaves for garnish

### Method

Quarter the tomatoes.

Remove seeds with a small spoon. Keep aside.

In a blender, blend together all ingredients with 1 1/2 glasses

Chilled water and crushed ice.

Strain with a not-too-fine strainer.

Pour into glasses and add some of the seeds back.

Stir and serve chilled.

Garnish with a small tiny spring of mint.



# Tomato Recipes

## Green Tomato Relish

### Ingredients

250 gms. firm green tomatoes  
1 large hard apple, peeled, cored, diced  
1 large onion finely chopped  
1 tsp. fresh mint leaves finely chopped  
10-12 long hot green chillies, chopped  
1/4 cup white vinegar  
1/4tsp. cinnamon-clove powder  
2 tbsp. sugar  
1/2 tsp. salt  
1 tbsp. oil

### Method

Heat oil in a heavy pan, add onions, stir.

Add 1 tbsp. vinegar, simmer till onions are transparent.

Add tomatoes, apples, cook till mixture is mushy.

Add all other ingredients, allow sugar to dissolve.

Simmer till thick, and there is no water residue.

Pour into sterile jar, cool and seal.



# Tomato Recipes

## Saucy Tomato Sabzi

### Ingredients

33 med. ripe tomatoes  
2 green chillies slit  
1 stalk curry leaves  
1/2 tbsp. coriander chopped fine  
1/2 tsp. sugar  
1/2 tsp. red chilli powder  
1/8 tsp. turmeric powder  
1/8 tsp garam masala  
1/4 tsp cummin seeds powder  
1/4 tsp. dhania powder  
3-4 pinches asafoetida  
salt to taste  
1/4 tsp. each cumin & mustard seeds  
1 tbsp. oil

### Method

Chop tomatoes into eight pieces each. De stalk curry leaves. Heat oil in a pan.

Add seeds, allow to splutter. Add asafoetida, curry leaves, chillies.

Stir and add tomatoes. Add all dry masalas and salt over them.

Stir gently, cover and cook for 3-4 minutes. Sprinkle sugar, stir and simmer 2 minutes.

Garnish with coriander before serving. Serve hot with phulkas or rotis.



# Tomato Recipes

## Tomato Pickups

### Ingredients

3 tomatoes  
2 capsicums  
200gms. soya paneer or paneer  
1 green chilli, finely chopped  
1 garlic crushed  
1 tsp. olive oil  
1 tsp. assorted dried herbs, crushed (basil, thyme, rosemary, mint, etc)  
1 tsp. lemon juice  
1 tsp. sugar ground  
1/2 tsp. soya sauce  
1 tbsp. roasted, crushed peanuts  
salt to taste

### Method

Slit each tomato carefully, making a vertical incision. Scoop out inside seeds and pulp, mash it well, keep aside.

Keep aside shell carefully. Put olive oil, lemon juice, soya sauce, sugar, salt in a bottle with fitting lid. Add herbs, garlic, chilli, tomato seeds and pulp, 2 tbsp water, close lid, shake well.

Keep marinade aside till required. Chop capsicum, tomato shell, and soya paneer into similar sized chunks.

Put each in a separate bowl, add one third of prepared marinade. Add one third of peanut crush to each too.

Gently coat pieces with marinade by tossing or with hand. Allow to marinate for about 30 minutes.

### To serve:

To serve, poke one piece of each into a toothpick. First paneer, then tomato, followed by capsicum. Complete for all, arrange in a serving dish. Chill till served.





# Tomato Recipes

## Kachumbar

### Ingredients

2 tomatoes  
1 onion finely chopped  
1/2 yellow capsicum finely chopped  
1/2 red capsicum finely chopped  
1/2 green capsicum finely chopped  
1/2 tsp. green chilli sauce  
1 tsp. white vinegar  
1/2 tsp. ground sugar or brown sugar  
1 sprig mint leaves finely chopped  
9-10 basil leaves finely chopped  
1/4 tsp. mustard paste  
1/4 tsp. cumin powder  
1 flake garlic  
salt to taste

### Method

Dip tomatoes in boiling water, cover and keep aside for 5 minutes.

Remove, peel off skin carefully, cool tomatoes.

Chop finely, place in refrigerator for 20 minutes.

Add all other ingredients, mix gently.

Bruise garlic and rub on the inside of a salad bowl.

Transfer mixed kachumubar into seasoned bowl.

Chill for 30 minutes or till required.

Serve chilled with nacho chips, crudites, cheese fingers, etc.



# Tomato Recipes

## Stuffed Tomato Quarters

### Ingredients

#### For Filling:

1 cup chickpeas, soaked overnight  
1/4 cup grated paneer  
1 onion finely chopped  
2-3 garlic flakes crushed finely  
1" ginger grated  
3-4 green chillies finely chopped  
2 tbsp. tahina sauce  
1 tsp. soya sauce  
1 tsp. lemon juice  
salt to taste  
1 tbsp. oil

3 firm medium, same sized tomatoes

1/2 cup salad leaves chopped finely

5-6 whole green fresh salad leaves

1/2 cup spring onion greens finely chopped

2 tbsp. grated paneer

1 tbsp. thinly sliced lemon rind

### Method

#### For Filling:

Pressure cook chickpeas in plenty of water till very soft. (6-7 whistles). Remove, drain, grind to a coarse paste, keep aside. Heat oil in a heavy pan, add ginger, garlic, green chillies, stir for a minute. Add onions, stir fry till light pink and transparent. Add chickpea paste, sauces, lemon juice, salt, stir gently. Cook on low heat, till paste forms a soft lump. Keep aside to cool. Make vertical slit in, scoop out inside very carefully. Take care not to damage shell of tomato. Use inside for some other recipe or in a salad. Gently stuff chick pea mixture into each tomato with a small spoon. Chill stuffed tomatoes for 15-20 minutes or till required.

#### Just before serving:

Spread out whole salad leaves on serving plate. Cut each tomato carefully into 4 quarters (vertically). Press pyramidal mixture inside to make a slight depression. Garnish in this with chopped leaves, spring onion, greens, lemon rind, grated paneer. Serve chilled like a pickup or a salad.



# Tomato Recipes

## Spicy Tomato-Dal Soup

### Ingredients

|                                     |                              |
|-------------------------------------|------------------------------|
| 3 firm ripe tomatoes                | 2-3 pinches turmeric powder  |
| 1 stalk curry leaves                | 1 tsp. sugar                 |
| 1 sprig mint leaves, finely chopped | salt to taste                |
| 1 tsp. coriander finely chopped     | 1 tbsp. oil                  |
| 4 cups dal, lentil                  | roast and grind to a powder: |
| or vegetable stock (or water)       | 5-6 peppercorns              |
| 1 bay leaf                          | 1/2 tsp cumin seeds          |
| 1/2 tsp. each cumin & mustard seeds | 2 dry red chillies           |
| 1/2 tsp. red chilli powder          |                              |
| 2-3 pinches asafoetida powder       |                              |
| 2-3 pinches turmeric powder         |                              |

### Method

Halve tomatoes, scoop out most of seeds and inner soft pulp. Collect in cup, keep aside.

Boil remaining tomatoes in 1 cup water till soft. Peel off skin of boiled tomatoes, discard.

Grind rest to a smooth puree. Add saved tomato seeds and pulp, keep aside.

Heat oil in a deep vessel. Add bayleaf, seeds, chillies, curry leaves, asafoetida, allow to splutter.

Add tomato puree, all other ingredients, ground powder, bring to a boil. Simmer for 2 minutes, add stock, stir and bring back to a boil.

Simmer for 4-5 minutes. This soup should not be very thin, it should have dal consistency. Serve hot with steamed rice, and papadums.



# Tomato Recipes

## Cooked Tomato Rice

### Ingredients

- |                                                                        |                                       |
|------------------------------------------------------------------------|---------------------------------------|
| 1 cup long grain basmati rice<br>(wash & soak in water for 30 minutes) | 1" stick cinnamon                     |
| 1 small tomato chopped                                                 | 1 pod cardamom                        |
| 1 cup fresh tomato puree                                               | 2 cloves                              |
| 1 stalk curry leaves                                                   | 2-3 peppercorns                       |
| 1 chopped onion                                                        | 1 bay leaf                            |
| 1 tbsp. coriander leaves, finely chopped                               | 2-3 garlic flakes, crushed            |
| 1/2 cup peas, shelled                                                  | 1/2 tsp. each mustard and cumin seeds |
| 1/2 cup cabbage shredded                                               | 1 tsp. red chilli powder              |
| 1 carrot sliced into thin rounds                                       | 1/2 tsp. sugar                        |
| 1 sprig spring onions finely chopped                                   | 2-3 pinches asafoetida powder         |

### Method

Roast all whole spices in 2-3 drops of oil, on a skillet or pan, on low flame.

When aroma is exuded, take off fire, cool, grind to a smooth powder, keep aside.

Heat pressure cooker or a pressure pan, without lid. Add oil, seeds, allow to splutter, add asafoetida.

Add onion, chopped tomato, stir for a minute. Add all chopped vegetables, except spring onions and coriander.

Add ground spices, chilli powder, salt, sugar, garlic, stir gently.

Add drained rice, stir gently, add hot water, tomato puree. Bring to a boil, add ghee, put lid and whistle on cooker.

Allow 2 whistles, take off fire. Allow all steam to go down in cooker, open gently.

Garnish with chopped coriander and spring onions. Serve piping hot. Simmer for 4-5 minutes.

This soup should not be very thin, it should have dal consistency. Serve hot with steamed rice, and papadums.



# Tomato Recipes

## Cool Tomato Drink

### Ingredients

3 tomatoes  
1 1/2 tsp. sugar  
2 pinches pepper powder  
1/4 tsp. salt  
1 cup water  
5-6 ice cubes crushed  
2-3 mint leaves

### Method

Blanch tomatoes in boiling water for 5 minutes.

Remove, peel and blend.

Strain, cool and chill well

Just before serving, put all ingredients in a mixie.

Blend well and serve in tall glasses.





# Tomato Recipes

## Tomato Quickie

### Ingredients

3 med. ripe tomatoes  
2 green chillies slit  
1 stalk curry leaves  
1/2 tbsp. coriander chopped fine  
1/2 tsp. sugar  
1/2 tsp. red chilli powder  
1/8 tsp. turmeric powder  
1/4 tsp. dhania powder  
3-4 pinches asafoetida  
salt to taste  
1/4 tsp. each cumin & mustard seeds  
1 tbsp. oil

### Method

Chop tomatoes into eight pieces each.  
De stalk curry leaves. Heat oil in a pan.  
Add seeds, allow to splutter.  
Add asafoetida, curry leaves, chillies.  
Stir and add tomatoes.  
Add all dry masalas and salt over them.  
Stir gently, cover and cook for 3-4 minutes.  
Sprinkle sugar, stir and simmer 2 minutes.  
Garnish with coriander before serving.  
Serve hot with phulkas or rotis.



# Tomato Recipes

## Stuffed Tomatoes

### Ingredients

8-10 medium rounded tomatoes  
2 boiled and mashed potatoes  
1/2 cup mixed boiled vegetables chopped (carrot, beans, peas)  
1/2 tsp garam masala  
1/2 tsp each chilli powder, turmeric and dhania powder  
salt to taste  
1 tbsp. oil  
1/2 tsp each jeera, mustard seeds  
2 red chillies dry, crushed  
1 tbsp. grate cheese  
chopped coriander

### Method

Cut the top of the tomato horizontally, (like a cap). Scoop out the seeds.

Chop the cut tops finely.

Heat oil in a kadai (vessel) add jeera and mustard seeds.

When they splutter add the chopped tomatoes and fry for one minute.

Add all dry masalas and fry a minute more.

Add the potatoes, vegetables and hulled seeds.

Mix well and cook for a minute.

Stuff the tomatoes with filling.

Top with grated cheese and coriander.

Place tomatoes in a cooker container. Dot with butter.

Pressure cook for one whistle.

Serve hot with naan, roti or paratha



# Tomato Recipes

## Tomato Rice

### Ingredients

- 1 1/2 cups long grain rice
- 1 cup tomato puree
- 2 onions chopped
- 2 green chillies slit
- 1/2 tsp. ginger paste
- 1/2 tsp. garlic paste
- 1 spring onion bunch chopped fine
- 1 tbsp. coriander finely chopped
- 1/2 tsp. clove-cinnamon powder
- 1/4 tsp. garam masala
- 1 tsp. red chilli powder
- 1 tsp. sugar
- 1 tsp. tomato sauce
- salt to taste
- 2 tbsp. butter or oil

### Method

Wash and soak rice for 30 minutes.

Heat oil in a large saucepan.

Add ginger, garlic pastes. Stir.

Add chopped onions, green chilli, stir fry till light pink.

Add all dry masalas, sugar, salt, stir. When the oil separates, add rice. Stir, add tomato puree, sauce, bring to a boil.

Add 1 1/2 cups water, stir gently. Bring to a boil, taste liquid to check salt, etc.

Cover, simmer on low till almost cooked. Stir occasionally in between, adding more water if required. When about done, add spring onions, coriander.

Stir gently, allow all water to evaporate. Serve hot with or without a gravy vegetable.



# Tomato Recipes

## Tomato Rasam

### Ingredients

2 cups tomato soup warm  
6-7 peppercorns  
1 tsp cumin seeds  
1 sprig curry leaves  
1 sprig mint leaves  
1 whole red chilli  
1 marble sized piece jaggery  
1 sprig coriander leaves  
salt to taste  
1 bay leaf, 1" piece tamarind  
4-5 cup water  
2 tsp ghee, pinch asafoetida, pinch cinnamon powder

### Method

Roast the pepper and cumin seeds together.

Grind under stone or in grinder. Add to soup.

Add the curry, mint, coriander leaves, bayleaf, chilli, salt, tamarind, jaggery and rub to crush the ingredients. Or run a hand mixie for a few seconds.

Add water, bring to boil. In a small crucible heat ghee, asafoetida and cinnamon powder.

Add a few cumin seeds. When they splutter add to rasam. Boil for 2 minutes.

Serve hot with rice and papad.



# Tomato Recipes

## Fresh Tomatoes in Curd

### Ingredients

|                                                       |                              |
|-------------------------------------------------------|------------------------------|
| 6 firm ripe tomatoes                                  | 1/2 tsp. garam masala powder |
| 2 cups fresh curds, beaten                            | 1-1/2 tsp. red chilli powder |
| 1-1/2 cups kabuli channa boiled<br>(1/2 cup when dry) | 1 tbsp. sugar powdered       |
| 2 tbsp. channa dal                                    | 1 tbsp. cumin seeds crushed  |
| 1 tsp. ginger grated                                  | salt to taste                |
| 1 tsp. mint leaves finely chopped                     | 2 tbsp. tamarind chutney     |
| 1 tbsp. coriander leaves finely chopped               |                              |

### Method

Quarter tomatoes and remove inside carefully. Beat curds, add 1/2 cumin, salt to taste, 1/2 sugar, keep aside.

Keep the quartered tomato boats aside. Pressure cook channa and dal till soft. Drain and mash coarsely.

Add garam masala, red chilli, 1/2 sugar, cumin, salt, mint, ginger. Heat in a heavy pan, stirring continuously, till a soft lump is formed.

Adjust seasoning and salt if required. Fill each tomato quarter with this mixture, pressing down gently into hollow. Arrange side by side in a shallow dish.

Pour seasoned curds over the quarters to cover all. Drizzle tamarind chutney over it, and sprinkle a few pinches of red chilli powder.

Garnish by sprinkling chopped coriander leaves. Serve immediately, as a snack or a salad.

**Note:** Make sure the curds is not sour. Or the dish will taste too sour. Soak channa overnight, to boil in 7-8 whistles, in cooker.





# Tomato Recipes

## Tomato Pickle

### Ingredients

2 kgs. ripe tomatoes chopped medium  
1/4 kg. garlic  
1/4 kg. green chillies  
125 gms. ginger  
1 bottle white vinegar  
1 kg. sesame (til) oil  
1 tbsp. cumin seeds  
150 gms. mustard seeds  
1 tsp. fenugreek seeds  
125 gms. red chilli powder  
1/2 tsp. turmeric powder  
salt to taste (approx. 150 gms.)

### Method

Put garlic, chillies, ginger, in hand grinder.

Grind till coarse, adding vinegar, a little at a time.

Add all other masalas, whole and powdered, except salt.

Continue grinding till fine.

Heat oil in a large pan, add masala.

Stir fry, till brownish in colour. Add tomatoes, salt, and cook till oil separates.

Bottle in sterilized glass jars. Seal and cool completely before storing.

Keep each opened bottle refrigerated.



# Tomato Recipes

## Tomato Puffed Rice Chat

### Ingredients

- 1 cup puffed rice
- 2 large tomatoes sliced in rounds
- 1 onion finely chopped
- 1 carrot grated
- 1 tbsp. coriander leaves finely chopped
- 1 tsp. green all purpose chutney (refer `chutneys')
- 1 tbsp. tamarind chutney (refer `chutneys')
- 1/2 tsp. cumin crushed
- few pinches red chilli powder
- few pinches chat masala (optional)
- salt to taste

### Method

Arrange tomatoes (at least 7-8 slices per plate) in two shallow individual plates.

Dilute green chutney with 2 tsp. water.

Put small blobs of both chutneys over each tomato slice.

Sprinkle salt, cumin powder, salt, over all slices.

Sprinkle carrot, onions, puffed rice over tomatoes in that order.

Garnish with chopped coriander.

Serve immediately.



# Tomato Recipes

## Green Tomato Vegetable

### Ingredients

4 firm med. green (raw) tomatoes  
1 tsp. coriander finely chopped  
1 stalk curry leaves  
1/3 tsp. red chilli powder  
1/4 tsp. coriander (dhania) powder  
3-4 pinches turmeric powder  
2-3 pieces asafoetida  
1 tsp sugar  
1/4 tsp. each cumin & mustard seeds  
salt to taste  
2 tsp. oil

### Method

Wash and chop tomatoes into eight pieces each.

Heat oil in heavy pan.

Add seeds, asafetida, curry leaves, allow to splutter.

Add chopped tomatoes, saute for 2-3 minutes.

Add all other ingredients, except coriander.

Allow to cook on low, covered, for about 3-4 minutes.

The tomatoes must be tender but not mushy.

Serve hot with thin phulkas, parathas, etc.



# Tomato Recipes

## Rice in Spiced Tomatoes

### Ingredients

- 3 ripe juicy tomatoes
- 1 green chilli slit
- 1 stalk curry leaves
- 1 tsp. fresh coriander finely chopped
- 6 cups puffed rice
- 1/2 tsp. red chilli powder
- 4-5 pinches turmeric powder
- 2-3 pinches asafetida powder
- 1/2 tsp. sugar
- 1/4 tsp. each cumin & mustard seeds
- salt to taste
- 1 tbsp. oil

### Method

Chop tomatoes into small pieces. Heat oil in a large heavy pan. Add seeds, asafetida, allow to splutter. Add curry leaves, chilli, tomatoes.

Saute for 3-4 minutes. Add chilli powder, salt, turmeric, sugar. Stir occasionally, and simmer till the tomatoes are mushy.

Once oil start separating, add puffed rice and chopped coriander. Mix well, while still on simmer, take off heat.

Garnish with more coriander if desired. Serve hot as a snack with tea/coffee, or by itself.

**Note:** One may use other puffed cereals to make the same dish, like wheat puffs, millet puffed, etc. Do not cook too much after adding the puffed rice, or it will become too chewy. For those who would like the dish soft, put the puffed rice first in water, drain, press out excess Water, then add to tomatoes.



# Tomato Recipes

## Stuffed Green Tomatoes

### Ingredients

serves 4 people

9 medium size green tomatoes

1/2 cup gram flour (besan)

4 tablespoon oil

1 teaspoon mango powder (amchoor)

1 teaspoon salt

1 teaspoon chilli powder

9 toothpicks

1/2 teaspoon cumin seeds

1/2 teaspoon mustard seeds

one 1/2 teaspoon coriander powder

1/4 teaspoon turmeric

1/2 teaspoon fennel seeds

coriander leaves for garnishing

### Method

Save the pulp for gravy. Heat two tablespoon of oil in a pan.

Add besan and stir continuously till it turns light brown.

Take it off the stove and then add, salt, chilli powder, fennel seed and mango powder.

Mix it well. Now stuff halved tomatoes with this mixture.

Put the cap back on tomatoes and secure them with toothpicks.

Heat the remaining oil in kadai. Add cumin and mustard seeds.

Add tomato pulp, salt, chilli powder and turmeric. Cook it for 2-3 minutes.

Add stuffed tomatoes now and simmer it till it becomes soft. Garnish with coriander leaves. Serve it with naan, roti or rice.





# Tomato Recipes

## Aloo Tamatar

### Ingredients

six medium potatoes  
two medium, ripe tomatoes  
half inch ginger  
one medium onion  
jeera  
haldi  
garam masala  
salt to taste  
two green chillies  
four tablespoons cooking oil

### Method

Peel the potatoes, cut them in four pieces each and soak them in water.

Slice the onion thin and mince/grate ginger.

Cut tomatoes in six pieces each.

Heat oil in a cooker on medium high and add jeera, onion, ginger, tomatoes, haldi, green chillies and garam masala.

Stir everything till this "masala" sweats.

Add the potatoes, mix them well with the masala.

Add one cup water and close the lid of the cooker. Remove it from heat after two whistles. Open the cooker after fifteen minutes.

Eat this delectable dish with hot, fresh chappati and curds.



# Tomato Recipes

## Stuffed Tomatoes

### Ingredients

6 tomatoes  
1 onion  
1 ginger  
2 green chillies  
2 tsp peas  
1 carrot  
2 potatoes

### Method

First scoop all the tomatoes after removing the caps, you can keep the caps to cover the stuffed tomatoes. keep aside the scooped (curretted) pulp (u can reuse in preparing gravy of smoother preparation)

So now take 1 onion (finely chopped), 1" ginger (grated) (hey don't laff at my instructions' specificity), 2 green chillies (finely chopped), 1 carrot (grated), 2 teaspoons of peas, 2 potatoes (finely chopped).

Now mix all 6 above mentioned ingredients and add to it 1 table spoon of lemon juice, 1/2 tsp salt, 1 tsp red chilly powder, that's it!

Now fill those empty tomatoes with this stuff carefully, keeping aside about 2 tsp of the same stuff for gravy.

In the pressure cooker, take 4 tsp of oil, add cumin seeds, a bit of hing, now fry the stuff left for gravy and add some turmeric, and coriander powder 1 tsp also, now. Once this is lightly fried drop the tomatoes slowly in it

Add nothing, just put the whistle on. keep in the cooker over gas for exactly 2 minutes, no whistling at all.

Remove it from the gas and keep aside for further 3-4 minutes and then open the cooker- take out the tomatoes and gravy in the final vessel and sprinkle coriander leaves and grated coconut.



# Tomato Recipes

## Paneer Stuffed Tomatoes

### Ingredients

#### For Stuffing

200gm. paneer  
(homemade cottage cheese)  
1 medium-sized boiled potato  
1 medium sized onion  
1/2 cup peas  
a pinch of turmeric powder  
garam masala  
1/2 tsp jeera  
2 tbsp oil

10 medium sized tomatoes  
(the skin should be firm and not very thick.  
they should be able to sit on their base without  
toppling over)  
1 tsp oil  
1 tsp salt

### Method

Cut the head of the tomatoes and gently scoop out the insides with a spoon. Keep the scooped out part of the tomatoes aside. Apply salt to the inside surface of the tomatoes and place it upside down on a flat surface so that all the liquid drains out. Slice the onion into thin long strips. Cut the chilies into small pieces. Skin the potato and crumble it along with the paneer into small pieces and keep it aside. Cut the coriander very fine and keep it aside. Heat the oil in a kadai or wok and add jeera to it.

Once the jeera has spluttered, add the chilies and the onions. Sprinkle turmeric powder on it and mix it well. Fry the onion till they are crisp and golden brown. Now add the peas. Once the peas are cooked, add the paneer and potato. Sprinkle desired amount of salt and chili powder and mix it well. Let the mixture cook for 3-4 minutes and then add garam masala powder. After a couple of minutes add the coriander leaves, mix it well and remove from the fire. Add nothing, just put the whistle on. Keep in the cooker over gas for exactly 2 minutes, no whistling at all. Remove it from the gas and keep aside for further 3-4 minutes and then open the cooker- take out the tomatoes and gravy in the final vessel and sprinkle coriander leaves and grated coconut.



# Tomato Recipes

## Tomato Gol Bajji

### Ingredients

sufficient oil to fry bajjis  
1 cup besan (bengal gram flour) powder  
4 - 5 small tomatoes (bigger than cherry tomatoes)  
1/2 tbsp cumin seeds (optional)  
pinch of baking soda  
salt

### Filling Ingredients:

1 onion sliced very thin  
1/4 cup roasted peanuts  
1 tbsp dhania (coriander) powder  
1/2 tbsp jeera (cumin) powder  
3 tbsp lime juice  
1/4 bunch of sliced coriander leaves  
salt to taste

### Method

Mix all the filling ingredients in a bowl and keep them aside.

### Bajji Preparation:

Mix 1 cup of besan powder, very little salt, pinch of baking soda, 1/2 tbsp of cumin seeds (optional) with water.

Add water until the mix becomes smooth paste (suitable for bajji preparation).

Dip the tomatoes into the besan paste and deep fry them till golden brown.

Keep them aside and let them cool for about 5 min. Cut these tomatoes into halves and scoop out the seeds/pulp (not the skin) carefully from the middle of the fried tomato half.

Add this pulp to the filling we prepared earlier and mix them well. Now stuff the tomato shell with this filling and serve.





# Tomato Recipes

## Tomato Chalna

### Ingredients

#### To Grind :

coconut 1/2 cup (grated)  
ginger 1/2" x 1/2"  
garlic 3 cloves  
red chillies 8  
cinnamon stick 1" x 1"  
cloves 2  
cardamom 1  
turmeric powder 1 tsp  
salt to taste

#### To Season:

aniseed (saunf) 1 tsp  
onion 2 large (sliced)  
bay leaf few pieces  
curry leaves 2 strands  
oil 2 tbsp  
tomato puree 2 cups (for gravy)  
vegetables (cauliflower, peas that are previously cooked)

#### To Season:

aniseed (saunf) 1 tsp  
onion 2 large (sliced)  
bay leaf few pieces  
curry leaves 2 strands  
oil 2 tbsp  
tomato puree 2 cups (for gravy)  
vegetables (cauliflower, peas that are previously cooked)

### Method

Grind the ingredients mentioned under "to grind" to a fine paste.

Take oil in a pan, splutter aniseeds, add curry leaves and then the sliced onion. Saute this until the onions turn light brown.

Add the ground paste to this (maintain low or medium heat) and saute until the oil comes out.

Add the previously cooked vegetables, tomato puree and saute until oil comes out again.

Serve hot with naan, chappathi or puri. Now stuff the tomato shell with this filling and serve hot with naan, chappathi or puri





# Tomato Recipes

## Tasty Tomato Bhaji

### Ingredients

1. 4 big size tomatoes (cut into small pieces)
2. 1 big onion (cut into small pieces)
3. 2 tbs channa dal (soaked overnight)
4. 2tbs sugar
5. 2 spoon masala powder (sambar powder)
6. seasoning with mustard, urad dal, hing, turmeric, kadipatta
7. coriander leaves to garnish
8. oil

### Method

Heat oil and do seasoning.

Add chana, fry for 2 min and add tomatoes and onion.

After fried properly add sugar, salt and masala powder. Do not add any water.

Fry till the whole thing becomes like paste.

Garnish with coriander leaves and serve (while serving apply butter or cheese and spread this tasty bhaji).



# Tomato Recipes

## Tomato Hot Pockets

### Ingredients

Heat oil in a pan and add mustard seeds.

As it splutters add jeera, chopped ginger, chopped garlic, slit chillies and the curry leaves.

Then add the onions.

As they turn pink add the finely chopped tomatoes, salt and the chilli powder.

When half done add the cream and cook till done.

Add the kasuri methi and the powdered ground nuts and a tea spoon of jaggery or sugar. Simmer for 2 to 3 minutes.

Garnish with coriander leaves.

Serve hot with Rotis or Bread.

### Method

Chop the onions and green chilies finely and keep aside. When the oil gets heated, put mustard seeds. When it splutters, put onions and chilly and saute well. When the onions become transparent, add the chopped tomatoes, chilly powder, turmeric powder, asafoetida and salt. Mix it well and let it cook for few minutes until the mixture boils well and turns into a thick consistency. Add chopped coriander leaves in the end.

Cut the pastry sheets into small rectangles.

Slightly stretch each pieces either with hand or like we make chappathis.

Into each of this pieces, put two spoons of the tomato mixture and fold it with the mixture inside. Make small pockets like this out of the two pastry sheets and place it in a preheated oven (for 5 minutes at about 200 degree) and bake it for another twenty minutes at the same temperature. The pastry sheet forms a layer cover for the tomato pocket which is very tasty.



# Tomato Recipes

## Tomato Sabji

### Ingredients

tomatoes 1/2 kg  
onion 1 medium size  
oil 2 to 3 table spoon  
mustard seeds 1 tsp  
jeera 1 tsp  
curry leaves 1 sprig  
fresh cream 1 to 2 table spoon  
green chillies 1 or 2 vertically slit  
ginger 1 tsp finely chopped  
garlic 1 tsp finely chopped  
chilli powder 2 to 3 tsp according to taste  
ground nuts 2 to 3 table spoon (roasted and coarsely pounded)  
kasuri methi 1 tsp  
salt to taste  
coriander leaves finely chopped for garnish

### Method

Heat oil in a pan and add mustard seeds.

As it splutters add jeera, chopped ginger, chopped garlic, slit chillies and the curry leaves.

Then add the onions.

As they turn pink add the finely chopped tomatoes, salt and the chilli powder.

When half done add the cream and cook till done.

Add the kasuri methi and the powdered ground nuts and a tea spoon of jaggery or sugar.

Simmer for 2 to 3 minutes.

Garnish with coriander leaves.

Serve hot with Rotis or Bread.



# Tomato Recipes

## Macaroni in Tomatoes

### Ingredients

macaroni 1 packet  
tomato 4 nos

### For masala:

dhania 2 tbsp  
chilli powder 1 1/2 tsp  
turmeric powder 1 tsp  
jeera 1 tsp  
garam masala 1 tsp  
garlic 5 flakes

### Method

Boil the macaroni till they are half done then remove and put them in cold water.

Fry the ingredients for masala

Grind together all the masala along with tomatoes

Boil this mixture for 5 minutes add salt to it.

Add the macaronis and boil for 5 more minutes.

PS: You can also add boiled peas if desired.



# Tomato Recipes

## Tomato Gojju

### Ingredients

tomatoes : 5 (preferably ripe)  
rasam powder : 2 tsp  
jaggery : 2 -3 tsp  
tamarind : lemon sized  
salt as per taste  
rice flour for thickening  
oil : 2 tsp  
mustard seeds : 1 tsp  
asafoetida : a pinch

### Method

Cut the tomatoes into small pieces.

Heat oil, add mustard seeds and let it splutter.

Then add asafoetida and tomatoes.

Fry for a minute. Add 2 cups water, salt, jaggery, rasam powder and let it boil.

Add thin tamarind extract and allow the gravy to boil for 5-10 minutes.

Mix rice flour in little water and add to get a thicker gravy.

Hot gojju is ready!





# Tomato Recipes

## Tomato Pachadi

### Ingredients

6 large tomatoes  
1 tsp. cumin seeds  
1 tsp. mustard seeds  
1 tsp. oil  
3 green chillies (use more if you like it spicy)  
1 small bunch coriander leaves  
small pinch of hing  
salt to taste

### Method

Cut tomatoes and green chillies, add about 4 tbsp.

water and the cumin seeds, and cook till tomatoes start to mush up.

Add salt and coriander leaves.

Using a potato masher, mash up the mixture, specially the green chillies.

Heat oil, add mustard, when it splutters add the hing and pour into the tomato mix.

Serve with Hot Rice, Dhoklas, even Idlis.



# Tomato Recipes

## Lauki-Tamatar Sabzi

### Ingredients

lauki (green gourd / doodhi) - say ½ kg - peel and cut into 1" cubes  
tomatoes - 2 medium sized - chopped fine  
oil - 3 tsp.(yep its healthy too)  
cumin seeds (jeera) - 1 tsp  
bay leaves (tez patta) - 3 leaves  
asafoetida (hing) - 1 pinch  
salt - as per taste  
turmeric powder (haldi) - 1/4 tsp  
coriander powder (dhania powder) - 1 & 1/2 tsp  
cumin powder (jeera powder) - 1/2 tsp.  
red chilli powder (mirchi powder) - 1/2 tsp - (or more as per taste)  
green coriander leaves (dhania patti) - chopped fine - for garnishing.

### Method

In a pressure cooker: Heat oil. Add hing. Add jeera & tez patta. Add chopped tomatoes.

Fry the tomatoes - till they are soft/wilted. Add the lauki pieces.

Add salt & other masala powders. Mix well and lid the cooker.

Take off the fire after 3 whistles Taste - if tastes fine let be - else add salt/masala etc.

And let be on fire till 3-4 minutes. Garnish with fresh coriander.

Serve with Rotis/Parathas etc. P.S. Can be made in a pan too - takes a wee bit longer.

Normally takes 15 minutes.



# Tomato Recipes

## Paneer Tomato Peas

### Ingredients

250 gms paneer chopped into medium pieces  
100 gms peas boiled (if fresh) / frozen (washed)  
100 gms tomato paste (mashed tomato)  
2/3 tomatoes cut in medium pieces  
25 gms green chilli paste  
1 teaspoonful garam masala  
1/2 teaspoonful jeera  
25 gms ginger paste  
25 gms garlic finely cut  
1 teaspoonful kashmiri mirch (degchi)  
1/2 teaspoonful turmeric powder

### Method

Put frying pan on heat with cooking oil.

Now put jeera and garlic and let them turn brown.

Now put tomato and green chilli paste and fry for 4 minutes.

Put boiled peas and medium cut tomatoes.

Also put turmeric, garam masala, ginger paste and kashmiri mirch into it.

Fry for 3 minutes and put paneer.

Fry for 3 minutes on high heat.

Dish is ready for serving.

Serves: 4 persons



# Tomato Recipes

## Green Tomato Sabji

### Ingredients

green tomatoes,  
not the riped tomato (thakkalikai) 1/2 kg  
coriander seeds 3 teaspoons  
channa dhal 3 teaspoons  
urad dhal 1 teaspoon  
1/4 tsp mustard  
2 tbsp oil  
salt to taste  
red chillies 3  
1/4 tsp turmeric  
curry leaves

### Method

Heat some oil in a kadai and add mustard and allow it to splatter.

Add green tomatoes, salt and turmeric and fry it for some time till the tomatoes are soft and the skin peels off.

Heat oil in a different kadai and add coriander seeds, urad dhal, red chillies and channa dhal.

Allow it to cool for sometime and grind it.

Add this powder to the tomatoes and keep it in gas for 5 min till it mixes well.

Now turn off the gas and garnish with curry leaves.

You can have this with rice or chapattis.



# Tomato Recipes

## Easy Tomato Saar

### Ingredients

3 large tomatoes (chopped)  
1 large onion (cut lengthwise)  
4 green chillies (cut lengthwise)  
1 sprig curry leaves  
a small bunch of chopped coriander leaves  
1/2 tsp. mustard  
salt to taste  
2 tbsp. oil

### Method

Heat oil in a sauce pan. Add mustard and let it splutter.

Then add curry leaves, onion, green chillies, tomatoes, coriander leaves and salt, saute for a while.

Add 1 and half cups of water and let it boil for 5 minutes.

Finally u may garnish with more coriander leaves.





# Tomato Recipes

## Tomato Masala

### Ingredients

tomato : 2 ripe red ones  
onion : 1 medium sized chopped fine  
carrot : 1 small grated fine  
lemon : 1  
puffed rice : 1 cup  
sev : 1/2 cup  
chat masala : 1 tbsp  
red chilli powder : 1/2 tsp  
coriander leaves : for garnishing.  
salt to taste

### Method

Cut the ripe tomatoes in thin circles and arrange them on a plate

Sprinkle the chopped onions on them and the grated carrot.

Now sprinkle the salt, chat masala and red chilli powder and squeeze 1/2 the lemon on it.

Add the puffed rice on top as required and top it with sev.....finally garnish it with coriander leaves.

Tasty and healthy chat....enjoy...make it spicy and have fun!!



# Tomato Recipes

## Tomato Sabzi

### Ingredients

take 4-5 tomatoes  
2 medium sized onions  
5 green chillies  
1tbsp gram flour (chana besan) mixed in luke warm water without lumps  
1/4th tsp turmeric  
1tsp red chilli powder  
2 tbsp oil  
3 medium sized glasses of water  
salt to taste

### For seasoning:

take 1/4th tsp mustard seeds  
1 tbsp split black gram dal (urad dal)  
2 tbsp channa dal (bengal gram dal)  
1/2 tbsp cumin seeds (jeera)  
one sprig curry leaves (can substitute with coriander, if not available.  
but add coriander directly)  
1/4tsp asafoetida (hing)

### Method

Cut the onions into small pieces (do not cut them into too small pieces)

Like wise cut the tomatoes also into small pieces Now cut the green chillies into small pieces (small round pieces) Take a non-stick pan or any vessel, and pour the oil in that and add the seasoning in the following order hing, jeera, gram dal, split black gram dal, mustard seeds, curry leaves and now add the cut onions

Fry them till they turn soft and then add the tomatoes and green chillies. Once they turn a little soft, add the 3 glasses of water and add turmeric, chilli powder and salt and let it cook.. U can cover it with a lid, but then have to keep checking it. And finally once u think they are all cooked well with the water, (u can feel it, and see if its cooked) and then add the chana besan mixed with water in this (5 min before u take it out of the stove).. Mix it properly and serve it with rice/roti/poori....etc



# Tomato Recipes

## Tawa Vegetables

### Ingredients

100 gms ladies finger (bhindi)  
100 gms small brinjal or cut big into small pieces  
100 gms karela fully peeled off and dipped in water to remove some bitterness  
100 gms potatoes in medium long pieces  
100 gms cauliflower cut into medium pieces  
50 gms carrot in long thin pieces  
100 gms arbi peeled and cut in long thin pieces  
1 litre cooking oil for frying  
salt as per taste  
2 tea spoonful garam masala  
amchoor powder mixed with red chilli

### Method

Put oil in karahi/deep pan.

Now cut ladies finger/brinjal/karela from one side to make pocket.

Fill in garam masala with salt.

If you like put amchoor also here for sour taste.

Fry all the above vegetables.

Preferably all vegetables should be dried and pre baked in oven to remove some water.

Fry each lot of vegetables for 6 minutes each.

Now mix these vegetables on tawa and sprinkle salt on these and mix so not to damage physical appearance.

Whenever want to serve heat on tawa and serve.

Should always be served with yellow dal if possible.



# Tomato Recipes

## Alu-Tomato Saag

### Ingredients

potatoes (medium sized) 5  
tomatoes (medium sized) 4  
onions 4  
grated coconut 1 cup  
ginger-garlic paste 1 table spoon  
chilli powder 1 table spoon  
coriander powder 1 table spoon  
turmeric a pinch  
salt to taste  
oil 2 table spoons  
milk (boiled) 1 table spoon  
chopped coriander a few

### Method

Chop potatoes into small cubes after removing the skin. Chop onions and tomatoes into small pieces.

Grind the grated coconut into a smooth paste. Heat oil in a tava and add the ginger-garlic paste to it.

When the paste turns brown, add the chopped onions. After the onions are fried, add the chopped potatoes with a pinch of turmeric.

Fry for some time. When the potatoes become semi-soft, add the chopped tomatoes, chilli powder and salt and add a glass of water and close with a lid and leave for a few minutes.

Then add the coconut paste and milk. Keep checking if the potatoes are cooked.

When finally done, add the dhania powder. Garnish with chopped coriander.

Serve with hot Puris or Chapathis. Also tastes good with plain Rice or Pulav.